



VAST ODD AGE GROUP MEET
A/BB/B/C Mini Meet
January 15-16 2011
SANCTION NO. VS-11-25



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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-25 |
| LOCATION: | Savage Natatorium, James Madison University, Harrisonburg, Virginia |
| FACILITY: | <ul style="list-style-type: none">• 25 yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Colorado timing system with a 8-line display board will be used with stopwatch timing as a back-up• Bleacher seating is available on deck and the gym will be available for seating as well.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | Name: Susan Kyger E-Mail: stopgobber@aol.com Phone: 540-434-5201 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• Age on January 15, 2010 will determine age for the entire meet. |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none">• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none">• All 11 & Younger swimmers will swim in the morning session. This session will offer events for 7 & Under, 8-9, and 10-11 age groups. Distance session will be following Saturday morning session for 11 & Under (Event #35-36 &, 39-40).• All 12 & Older swimmers will swim in the afternoon session. This Session will offer events for 12-13, 14-15, and 16 & Over groups. Distance session will follow Saturday morning session for 12 & Over (Events #37-38 & 41-42) and follow Sunday afternoon session for 12 & Over's (Event #119-120)• All events will be timed finals.• Depending on the number of entries, the meet director reserves the right to change the meet to a single session each day. Teams would be notified not later than Wednesday, January 12, 2011 |
| WARM-UP: | <ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.• Afternoon sessions: Warm-up will begin no earlier than 12:00 pm on Saturday and 11:00 am on Sunday. Competition starts 10 minutes after the completion of warm-ups.• Distance Session: The pool will be opened for 10 minutes of open warm-up immediately following the finish of the last event of the previous session. The distance session competition will start 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Tuesday January 11 and will also be emailed to the contact person of the participating clubs.• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, January 12, 2011. |
| ENTRIES: | DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JANUARY 5, 2011 <ul style="list-style-type: none">• Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, January 6, 2011, if space is available after VSI entries have been accepted.• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams submit entries as an e-mail attachment.• A Team Manager printout of entries must be included or the meet checklist/summary sheet with |

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| | <p>the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> • Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers 11 year old and younger may enter a maximum of <i>5 individual events</i> and <i>2 relay events</i> per day. Swimmers 12 years old and older may enter a maximum of 4 individual events and 2 relay events per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: swimvast@gmail.com • Mail entries to: Steve Philips 237 Harding Drive Broadway, VA 22815 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms. |
| FEES: | <p>Individual events: \$4.00 Relay events: \$16.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: VAST • Payment must be received by January 12, 2011 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for all odd-age groups. <ul style="list-style-type: none"> ○ 11 & Under individual events will be awarded for each age group 7 and Under, 8-9, and 10-11. ○ 12 & Over individual events will be awarded for each age group 12-13, 14-15, 16 and Over. ○ Heat winner ribbons will be awarded for all 11& Younger individual events. • Relay events: Awards will be given for first through fourth place. |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded. • Swimmers in the morning and afternoon sessions should report directly to the blocks for their events. |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. |
| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • The overhead start procedure will be used. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not |

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| | possess these credentials will be required to leave the deck area. |
| OFFICIALS: | <p>Meet Referee: Janet Sheffer Email: janetshef@comcast.net Phone: (540) 433-9519</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Janet Sheffer no later than January 7, 2011. • Officials will meet on the pool deck 45 minutes before the start of any session. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the VAST website no later than January 11, 2011 and will also be emailed to the contact person of each of the individual clubs. |
| GENERAL: | <ul style="list-style-type: none"> • Heat Sheets will be sold for \$5. • Swimmers are not permitted in any room of the building not directly associated with this swim meet • Concessions will be provided by Aramark • Pro-shop will be available. • Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. • All results will be posted in the hallway near the spectator stand. |
| FACILITY RULES: | <ul style="list-style-type: none"> • The gym and a viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage. • Access to the pool will be limited to swimmers, coaches, officials, staff and timers. • No smoking is permitted in the building. • No food or drink on the pool deck. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat. |
| DIRECTIONS: | <ul style="list-style-type: none"> • The Godwin pool facility is located on the campus of James Madison University. • From interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym and seating areas are on the second floor. |
| HOTELS: | <ul style="list-style-type: none"> • Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. • Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool. • Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool. |

| January 15, 2011 | | |
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| Session 1, Saturday Morning Warm-up: 7:00 am; Start: 8:10 am | | |
| Women | Event | Men |
| 1 | 8 & Under 100 Medley Relay | 2 |
| 3 | 9-11 200 Medley Relay | 4 |
| 5 | 9 & Under 100 IM | 6 |
| 7 | 10-11 100 IM | 8 |
| 9 | 7 & Under 25 Freestyle | 10 |
| 11 | 8-9 50 Freestyle | 12 |
| 13 | 10-11 50 Freestyle | 14 |
| 15 | 7 & Under 50 Backstroke | 16 |
| 17 | 9 & Under 100 Backstroke | 18 |
| 19 | 10-11 100 Backstroke | 20 |
| 21 | 9 & Under 50 Butterfly | 22 |
| 23 | 11 & Under 100 Butterfly | 24 |
| 25 | 7 & Under 25 Breaststroke | 26 |
| 27 | 8-9 50 Breaststroke | 28 |
| 29 | 10-11 50 Breaststroke | 30 |
| 31 | 8 & Under 200 Free Relay | 32 |
| 33 | 9-11 400 Free Relay | 34 |

| January 16, 2011 | | |
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| Session 4, Sunday Morning Warm-up: 7:00 am; Start: 8:10 am | | |
| Women | Event | Men |
| 65 | 8 & Under 100 Free Relay | 66 |
| 67 | 9-11 200 Free Relay | 68 |
| 69 | 7 & Under 50 Freestyle | 70 |
| 71 | 9 & Under 100 Freestyle | 72 |
| 73 | 10-11 100 Freestyle | 74 |
| 75 | 7 & Under 25 Backstroke | 76 |
| 77 | 8-9 50 Backstroke | 78 |
| 79 | 10-11 50 Backstroke | 80 |
| 81 | 11 & Under 200 Freestyle | 82 |
| 83 | 7 & Under 50 Breaststroke | 84 |
| 85 | 10-11 100 Breaststroke | 86 |
| 87 | 7 & Under 25 Butterfly | 88 |
| 89 | 11 & Under 50 Butterfly | 90 |
| 91 | 11 & Under 200 IM | 92 |
| 93 | 8 & Under 200 Medley Relay | 94 |
| 95 | 9-11 400 Medley Relay | 96 |

| Session 2, Saturday Morning Distance (15 minute break) | | |
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| Women | Event | Men |
| 35 | 11 & Under 400 IM | 36 |
| 37 | 12 & Over 400 IM | 38 |
| 39 | 11 & Under 500 Freestyle | 40 |
| 41 | 12 & Over 500 Freestyle | 42 |

| Session 5, Sunday Afternoon Warm-up: 11:00 am; Start: 12:10 pm (times are "no earlier than") | | |
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| Women | Event | Men |
| 97 | 12 & Over 200 Free Relay | 98 |
| 99 | 12-13 50 Freestyle | 100 |
| 101 | 14 & Over 50 Freestyle | 102 |
| 103 | 12-13 100 Backstroke | 104 |
| 105 | 14 & Over 100 Backstroke | 106 |
| 107 | 12-13 100 Butterfly | 108 |
| 109 | 14 & Over 100 Butterfly | 110 |
| 111 | 12 & Over 200 Breaststroke | 112 |
| 113 | 12-13 200 Freestyle | 114 |
| 115 | 14 & Over 200 Freestyle | 116 |
| 117 | 12 & Over 400 Medley Relay | 118 |

| Session 3, Saturday Afternoon Warm-up: 12:00 noon; Start: 1:10 pm (times are "no earlier than") | | |
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| Women | Event | Men |
| 43 | 12 & Over 200 Medley Relay | 44 |
| 45 | 12-13 200 IM | 46 |
| 47 | 14 & Over 200 IM | 48 |
| 49 | 12-13 100 Freestyle | 50 |
| 51 | 14 & Over 100 Freestyle | 52 |
| 53 | 12-13 200 Backstroke | 54 |
| 55 | 14 & Over 200 Backstroke | 56 |
| 57 | 12 & Over 200 Butterfly | 58 |
| 59 | 12-13 100 Breaststroke | 60 |
| 61 | 14 & Over 100 Breaststroke | 62 |
| 63 | 12 & Over 400 Free Relay | 64 |

| Session 6, Sunday Afternoon Distance (15 minute break) | | |
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| Women | Event | Men |
| 119 | 12 & Over 1000 Freestyle | 120 |